

ALZHEIMER'S DISEASE TASK FORCE RECOMMENDATION FORM

Please include only one recommendation on each form.

This form must be returned via e-mail to katie.mulford@iowa.gov no later than 5:00 p.m., Tuesday Nov. 27, 2007

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Each recommendation must fit into one of the following categories. Please check the appropriate box:

☐ **Education and training**

☐ **Services and housing**

☐ **Funding and reimbursement**

☒ **Wellness and disease management**

RECOMMENDATION:

To keep Iowans healthier and reduce the risk for developing dementia, Alzheimer's Disease and other diseases:

1. Provide physical activity programs using evidence-based physical activity programs designed for older adults such as EnhanceFitness and Eat Better & Move More.
2. Provide chronic disease self management programs using evidence-based health promotion programs such as Stanford Chronic Disease Self Management.
3. Promote dietary quality for older Iowans through provision of nutrition education programs such as Eat Better & Move More.
4. Provide nutrition counseling by registered dietitians to older adults determined to be at high nutrition risk.

IN 250 WORDS OR LESS, PLEASE INCLUDE COMMENTS, JUSTIFICATION, RESOURCES OR OTHER INFORMATION TO HELP THE TASK FORCE UNDERSTAND THE IMPORTANCE OF YOUR RECOMMENDATION.

Alzheimer's disease is one of the six leading causes of death. Death rates for more than half of the leading causes of death have dropped, including heart disease, cancer, and stroke. Advances in screening, diagnosis, and treatment including healthy lifestyles and self-management techniques may account for these changes. Unfortunately, death rates for Alzheimer's disease, kidney disease, hypertension, and Parkinson's disease are up. In the United States, approximately 80% of all persons 65 years of age and older have at least one chronic condition, and 50% have at least two chronic conditions. In Iowa,

- 52 percent of older Iowans reporting high blood pressure and high cholesterol•
- 14.6 % of the older Iowans ages 65 to 74 have been told they have diabetes (compared to 6.5 % in 2002). Iowans 65+years are 12 times more likely to develop diabetes

- 31% Iowans 65+years have obesity (compared to 23.3% in 2002)
- 75% of Iowans 99 counties identified overweight/obesity as a top priority in their

community needs assessment plans

- 76 % of older Iowan's are not consuming the recommended number of servings for fruits and vegetables and 68 % are not achieving the physical activity recommendations.

Dietary patterns, nutrient intake and lifestyle practices including regular physical activity provides numerous health benefits to older adults, including weight management and improvements in blood pressure, diabetes mellitus, lipid profile, osteoarthritis, and osteoporosis and optimal mental health, namely cognitive and emotional functioning, and managing arthritis.

Poorly controlled diabetes is associated with cognitive problems in the elderly. The prevalence of dementia is expected to increase as the U.S. population ages and more individuals have diabetes.

Iowa's large aging population has a significant incidence of chronic diseases. The Older American Update 2006: Key Indicators of Well-Being (Federal Interagency Forum on Aging) include physical activity, dietary quality, and chronic health conditions as areas needing to be addressed when planning for health and well-being of older Americans.